

March



OneStop Buford

www.GwinnettHumanServices.com



Oil Painting | \$120

Fridays, March 1 to March 22
Ages 18+: 11:00am to 1:00pm
Ages 14+: 3:00pm to 5:00pm
Can you paint with all the colors of the wind? If not then come learn how from Art Instructor Janet of Tannery Row Artist Colony. Bring materials and a picture for inspiration.

Tax Assistance | Free

Fridays, March 1 to April 12 from 9:00am to 4:00pm
Saturdays, March 2 and April 6 from 9:00am to 1:00pm
Don't feel burdened filing your taxes. Let certified volunteers prepare your federal and state income tax returns. Your 2017 household income must not have exceeded \$54,000. Appointments encouraged, but walk-ins welcome (specific dates online). For necessary documentation, visit <http://bit.ly/IRSDOCS>. In partnership with certified One 2 One Educational Support Volunteer Income Tax Preparation Assistance (VITA) volunteers.

Blood Drive | Free

Saturday, March 2 from 9:00am to 2:00pm
To make an appointment, use sponsor code "bufordservices" online. Give the gift of life. Receive free juice and cookies, and discounts from various retailers. Appointments encouraged, but walk-ins welcome. Bring a photo ID. For more information, including donation requirements, call 1.800.GIVE.LIFE or visit www.redcrossblood.org. In partnership with the American Red Cross. Ages 17+



SAT Practice Test | \$25

Saturday, March 2
from 8:30am to 12:30pm
Build your test-taking stamina, understand the types of questions asked, and subjects you might need to study more. Register for SAT Results for a personalized in-depth analysis. The SAT asks reading, writing/language, and math (without and with a calculator) questions. Ages 14 to 18

SAT Results | \$59

Wednesday, March 6 from 7:00pm to 8:00pm
SAT Practice Test participants and their parents receive an individualized review of the participants' test strengths and weaknesses, tips for improvement, and more. Ages 14 to 18

Spring Showcase | Free Admission (drop in)

Saturday, March 2 from 10:00am to 2:00pm
Swing by with your family and friends for a fun day of snacks, music, activities, live demonstrations, resources, and more! Discover center services, register for activities, and meet instructors and staff. Receive information about other Gwinnett County services, such as adopting a pet, navigating parks, riding transit, etc.

Employment Readiness | \$20 (code OSB11001)

Saturday, March 2 from 9:00am to 12:00pm (Ages 16+)

Cooking Healthy | \$2 (code OSB11002)

Saturday, March 2 from 10:00am to 10:30am (Ages 16+)

Dance Fitness | Free (code OSB11003)

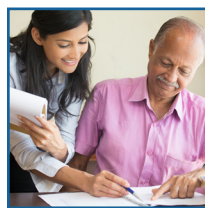
Saturday, March 2 from 10:30am to 11:00am

Cooking Healthy | \$2 (code OSB11004)

Saturday, March 2 from 11:00am to 11:30am (Ages 16+)

Dance Fitness | Free (code OSB11005)

Saturday, March 2 from 1:30pm to 2:00pm



Alfabetización en Español | \$60

lunes y miércoles, 4 de marzo al 17 de abril
de 5:00pm a 6:30pm
¿Si usted o alguien que conoce necesita ayuda para aprender a leer y escribir? Limitado a diez estudiantes por clase para más apoyo individual. Edades 16+

Beginning Spanish | \$65

Mondays and Wednesdays, March 4 to April 17
from 7:00pm to 8:30pm

Advance your career, make new friends, understand another culture, and more all by learning a new language! Start with learning vocabulary and pronunciation then progress to practicing conversation with other participants. Ages 16+

Conversational English | Free

Mondays, March 4 to April 29 from 6:30pm to 7:30pm
Practice everyday English in a casual and friendly environment with people from all over the world. Participants must understand basic English. Ages 16+

Dance Fitness | \$20/six consecutive classes (or \$5/class)

Tuesdays and Thursdays, March 5 to April 30
from 6:30pm to 7:30pm
Express yourself as you burn calories to the steps of the salsa, merengue, and bachata. Register for \$20 per six consecutive classes beginning at your convenience (more information online) or for \$5 per class (specific dates online).

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English as a Second Language | Free (drop in)

Improve your English with skilled teachers. Learn language for daily conversation, job searching, citizenship, and more. You may take a placement test to determine your fluency. In partnership with the Center for Pan Asian Community Services. Ages 18+

Basic

Tuesdays and Thursdays, March 5 to March 21
from 9:30am to 12:30pm

Level I

Mondays and Wednesdays, March 4 to March 20
from 9:30am to 12:30pm or 6:00pm to 9:00pm

Level II

Tuesdays and Thursdays, March 5 to March 21
from 9:30am to 12:30pm or 6:00pm to 9:00pm

Level III

Mondays and Wednesdays, March 4 to March 20
from 9:30am to 12:30pm

Fundamentos de Smartphone/Tableta | \$25

martes, 5 de marzo al 9 de abril de 5:00pm a 6:00pm
¡Siéntase cómodo usando su tecnología! Traiga su smartphone o tableta y explore navegando la configuración, descarga de aplicaciones, carga y más. Enseñado en Inglés y Español.

Gamblers Anonymous | Free (drop in)

Tuesdays, March 5 to April 30 from 6:30pm to 8:30pm
There is hope. Join the 12-step program that nurtures spiritual and emotional growth and recovery, and share experiences, strength, and support. New participants welcome.

Public Speaking | (drop in)

Tuesdays, March 5 to March 26 from 6:30pm to 7:45pm
Keep your audience on the edge of their seats. Learn how to overcome your fear, become a better public speaker, deliver great presentations, lead teams effectively, and receive constructive evaluations. Membership fees may apply. For more information, email toastmasters.buford@gmail.com. In partnership with Toastmasters International. Ages 18+

Smartphone/Tablet Basics | \$25

Tuesdays, March 5 to April 9 from 5:00pm to 6:00pm
Feel comfortable using your technology! Bring your own device and explore navigating settings, downloading apps, charging, and more. Taught in English and Spanish.

Danzas Nacionalistas | \$20

miércoles, 6 de marzo al 27 de marzo de 6:30pm a 7:30pm
Celebre la cultura y tradición venezolana aprendiendo "Así es Mi Tierra," una danza nacional con ritmos latinos y pasos folklóricos. Los participantes serán agrupados por edad.



Read with Me | \$59

Wednesdays, March 6 to April 10
from 6:00pm to 7:00pm

Develop your reading comprehension, including in both fiction and nonfiction. Based on the Academic Knowledge and Skills (AKS) curriculum. Ages 4 to 10

Smart Driver | \$20 (\$15 for AARP members)

Wednesday, March 6 from 9:30am to 4:00pm

Take advantage of safety driving techniques and learn how to adjust to changes in vision, hearing, and reaction time as you age. This test-free course may earn you a discount on your automobile insurance. Valid driver's license required.

Girl Scouts | Free (drop in)

Thursdays, March 7 to April 18 from 4:30pm to 5:30pm
Unleash the G.I.R.L. (Go-Getter, Innovator, Risk-Taker, Leader) in you and join Girls Scouts Troop #1843. This leadership development program focuses on identifying and solving community problems, forming and maintaining healthy relationships, developing strong identities, and more. For more information, call Nikeva Brown at 678.458.0776 or email flurishtutoring@yahoo.com. Ages 8 to 11

Heal. Love. Live. | Free

Thursdays, March 7 to April 11 from 7:30pm to 8:45pm
Sexual assault affects millions of Americans. Survivors can receive resources, support, and guidance to begin their journey toward emotional healing. In partnership with Earnest Love.



Birdhouse Painting | \$6/person

Wednesday, March 20 from 10:00am to 12:00pm
Step into spring and paint your own unique birdhouse! Materials included (one birdhouse per paid participant). Parent/guardian participation required. Ages 8+

Coffee Time | Free

Friday, March 29 from 10:00am to 2:00pm

Ladies brunch out! If you recently moved to Gwinnett County, meet other women also new to the area, share your experiences, and receive resources.

Conceptos Básicos de Presupuesto | Gratis

viernes, 29 de marzo de 12:00pm a 2:00pm

Descubra los cinco pasos claves para desarrollar un sólido presupuesto familiar o personal, incluyendo el valor de una cuenta de cheques, herramientas para ayudarlo a ahorrar dinero, y como establecer crédito.

March



OneStop Centerville

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Low Income Energy Assistance Program (LIHEAP) | Free

Apply for financial assistance with energy bills. Eligibility criteria and required documentation available online. For more information, including making an appointment, visit www.pcaction.org. In partnership with Partnership for Community Action.

Chair Tai Chi | \$6 (first class free)

Fridays, March 1 to March 29 from 1:30pm to 2:30pm

Improve your balance and fall prevention with this slow-paced workout that offers functional mobility, gait, strength, cognition, balance, and quality of life benefits. Ages 50+

Heart & Soul Line Dance | \$28 (or \$16/class)

Saturdays, March 2 and March 30 from 10:00am to 12:00pm

Move to the rhythm and soul with this easy-to-follow and low-impact workout that can help improve your confidence, balance, and health. Ages 21+

Beginning Spanish | \$65

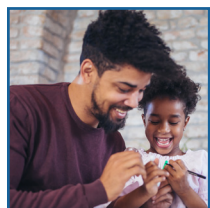
Stand out in a competitive job market and add bilingualism to your résumé by learning one of the most common languages in the world. Ages 18+

Level I

Mondays, March 4 to April 8 from 5:45pm to 6:45pm

Level II

Mondays, March 4 to April 8 from 6:45pm to 7:45pm



Butterfly Clothespin | \$7/child

Monday, March 4 from 11:00am to 12:00pm

Spark your little one's imagination with some creative play and take home their work of art! Craft uses card stock and clothespins. Materials included. Parent/guardian participation required. Ages 0 to 5

Tax Assistance | Free (drop in)

Tuesdays and Thursdays, March 5 to April 11 from 9:00am to 12:00pm

Don't feel burdened filing your taxes. Let certified volunteers prepare your federal and state income tax returns. First come, first served. For necessary documentation, visit <http://bit.ly/IRSDOCS>. In partnership with certified AARP Foundation Tax-Aide volunteers.

Osteoporosis Tai Chi | \$20

Thursdays, March 7 to March 28 from 10:00am to 11:00am

Improve your balance and coordination and build your muscular strength and stamina to help prevent falls and injuries. Ages 18+



Public Speaking | \$1 (drop in)

Thursdays, March 7 to March 28 from 7:00pm to 9:00pm

Keep your audience on the edge of their seats. Learn how to overcome your fear, become a better public speaker, deliver great presentations, lead teams effectively, and receive constructive evaluations. In partnership with the Toastmasters of Centerville. Ages 18+

Tai Chi | \$20

Thursdays, March 7 to March 28 from 7:15pm to 8:15pm

Fight stress without effort with these simple stretches, body movements, and breathing techniques that can help improve balance, strength, mobility, and quality of life. Ages 18+

Writers Group | \$1/class (drop in)

Thursdays, March 7 and March 21 from 10:00am to 12:00pm

To be critiqued, or not to be critiqued? Share your written story, poem, or piece of any genre for an encouraging review of your work, as well as publishing tips. In partnership with the Centerville Writers Group. Ages 18+

Scrabble | \$1 (drop in)

Saturday, March 9 from 10:00am to 12:00pm

It's all fun and games until you lose an "I." Test your vocabulary knowledge while making new friends. In partnership with the Atlanta Scrabble Club. Ages 18+

Chat & Chill | \$15

Thursday, March 14 from 5:00pm to 7:30pm

Discuss and receive guidance on contemporary adult challenges. Topic: alcohol, drugs, peer pressure, and sexual abuse. Ages 13 to 19

Healthy Eating Habits | Free

Thursday, March 14 from 11:00am to 12:00pm

Discover how to make quick, easy, and nutritious meals at home accompanied with a cooking demonstration. Samples and handouts available. Ages 50+

Knitting Guild | Free (drop in)

Thursday, March 14 from 7:00pm to 9:00pm

Unwind with these gurus who invite all experience levels. Membership fees may apply. For more information, call 770.413.6171 or email clicksandsticks@gmail.com. In partnership with Clicks and Sticks Knitting Guild. Ages 18+

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Parkinson's Support | Free

Thursday, March 14 from 10:00am to 11:30am

Approximately one million people live with this disease according to the Parkinson's foundation. Join this supportive group to share information and experiences.

Hatha Yoga | \$40

Mondays, March 18 to May 13 from 5:45pm to 6:45pm

Align and calm your mind, body, and spirit. All ages and abilities welcome. Minors must accompany paid adults. No class April 1.

Sun Paper Plate | \$7/child

Monday, March 18 from 11:00am to 12:00pm

Spark your little one's imagination with some creative play and take home their work of art! Craft uses paper plates, card stock, and paint. Materials included. Parent/guardian participation required. Ages 0 to 5



Coffee & Kinship | Free

Tuesday, March 19 from 11:30am to 12:30pm

Meet fellow grandparents and relatives raising children to strengthen your support network, share information and experiences, and gain resources. Children welcome.

Spring Vegetables | Free

Wednesday, March 20 from 6:30pm to 7:30pm

Gardeners have the best thyme! Exercise your green thumb and gather some tips and tricks to make your garden thrive. Ages 18+

Summer Fun for Disabled | Free

Wednesday, March 20 from 10:00am to 12:00pm

To register, call Jackie McNair at 678.301.7149 or e-mail jackie_mcnair@gwinnett.k12.ga.us. Schedule changes and additional time at home can cause undue stress for parents with disabled kids during summer breaks. Discuss strategies that balance structure with play that supports both childhood development and parental repose. In partnership with the Gwinnett County Public Schools Department of Special Education and Psychological Services. Ages 18+

Red Hat Society | Free (drop in)

Thursday, March 21 from 7:00pm to 8:30pm

If fun, fellowship, and friendship is your forte then join the Cayenne Peppers of Centerville! Membership fees may apply. For more information, call Chapter Queen Ivette Gonzalez-Perez at 404.242.2426. Ages 50+

Math Tutoring | \$59

Mondays, March 25 to April 22 from 6:00pm to 7:00pm

Improve your math skills in a fun and engaging learning environment. Based on the Academic Knowledge and Skills (AKS) curriculum. Ages 8 to 12

Rapid HIV Testing | Free (drop in)

Monday, March 25 from 5:30pm to 7:00pm

Complete a confidential test without an appointment and receive your results within 20 minutes. For more information, call 678.990.6430 or visit www.positiveimpacthealthcenters.org. In partnership with Positive Impact Health Centers.

Diabetes Alert Day | Free (drop in)

Tuesday, March 26 from 10:00am to 2:00pm

According to the National Diabetes Association, "nine out of ten Americans most at risk of type 2 diabetes don't know it." Take a few minutes to take a glucose test and learn your risk in recognition of American Diabetes Association Diabetes Alert Day. You can also receive information on how to prevent or manage diabetes. In partnership with Diabetes "You Can Win" Foundation.

Read with Me | \$59

Thursdays, March 28 to April 25 from 6:00pm to 7:00pm

Develop your reading comprehension, including in both fiction and nonfiction. Based on the Academic Knowledge and Skills (AKS) curriculum. Ages 8 to 10

APRIL PREVIEW

Chess & Tennis Camp | \$70

Monday to Friday, April 1 to April 5 from 9:00am to 4:00pm

Exercise your body and mind! Test your skills in the tournament on the last day. Bring lunch and snacks (pizza provided Friday). Materials included. Ages 7 to 14



Paint & Pop | \$15

Wednesday, April 3
from 1:00pm to 2:30pm

Gather your friends for some color splashing and soda pop sipping. This fun and sociable class welcomes all skill levels and provides easy step-by-step guidance to help you unleash your inner artist. Bring your favorite snacks to share. Materials included. Ages 13 to 17

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OneStop Norcross

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Gamblers Anonymous | Free (drop in)

Mondays, March 4 to April 29 from 6:30pm to 8:30pm

There is hope. Join the 12-step program that nurtures spiritual and emotional growth and recovery, and share experiences, strength, and support. New participants welcome. For more information, call the Program Leader at 678.234.5648.

Tax Assistance | Free (drop in)

Tuesdays and Thursdays, March 5 to April 11 at 9:00am

Don't feel burdened filing your taxes. Let certified volunteers prepare your federal and state income tax returns. First come, first served. For more information, including required documentation, visit <http://bit.ly/AARPDOCS>. In partnership with certified AARP Foundation Tax-Aide volunteers.

Citizenship Clinic | Free (drop in)

Wednesday, March 6 from 10:00am to 12:00pm

Qualified legal representatives can help you complete your U.S. citizenship application. Filing fees waived for eligible applicants. For more information, call 404.890.5655. In partnership with Asian Americans Advancing Justice.

Establishing a Business | \$20

Thursday, March 7 from 6:30pm to 8:30pm

You want to become your own boss – determine if your business idea has profit potential, how to get started, and daily management requirements.

Facebook Business Page | \$20

Saturday, March 9 from 2:00pm to 4:00pm

You don't need a website to have a Facebook page for your organization. Capitalize on the free social networking website by creating your own page to reach new audiences, promote your services, receive customer feedback, network, and more. Bring a laptop.

LinkedIn Basics | \$20

Saturday, March 9 from 10:00am to 12:00pm

Join millions of users and network professionally. Create and improve your profile, and discover how to search and apply for jobs. Bring a laptop.

Math Tutoring | Free

Saturdays, March 9 and March 23 from 2:00pm to 4:00pm

It's the only subject that counts! Let GUIDE students help you refine your math skills. Bring class notes and homework. Ages 5 to 18



Blossomed Butterfly | \$10

Tuesday, March 12 from 6:30pm to 8:30pm

Feel inspired and empowered to spread your wings! Celebrate local women and their success for Women's History Month. This recognition dinner also entails a keynote speaker, volunteer stories, and activities. For more information, including having your story shared, call 678.902.5239.

Creating a Business Plan | \$60



Thursdays, March 14 to March 28 from 6:30pm to 8:30pm

Commit your ideas to paper to maintain a long-term strategic focus and obtain potential financing. This three-part class will cover operating and marketing strategy, financial components, customers, competition, future expansion, and more.

Citizenship & Literacy | Free (drop in)

Monday, March 18 at 5:00pm

Receive help with the citizenship test by preparing for the interview process, the types of questions asked, and the vocabulary used while also improving your English. To take the placement test, drop in (first come, first served). The three-month class occurs two days per week for three hours (placement required and limited availability). For more information, call 770.270.0663 or email education@aacrc-atlanta.org. In partnership with the Asian American Resource Center.

English Literacy | Free (drop in)

Monday, March 18 at 5:00pm

Learn or refine your English reading, writing, and speaking. To take the placement test, drop in (first come, first served). The three-month class occurs two days per week for three hours (placement required and limited availability). For more information, call 770.270.0663 or email education@aacrc-atlanta.org. In partnership with the Asian American Resource Center.

Color Me Happy | \$20

Saturday, March 23 from 12:00pm to 2:00pm

Relax, de-stress, and embrace your inner child with a fun and sociable time! Two coloring pages, supplies, and light refreshments included. Ages 21+

Diabetes Alert Day | Free (drop in)

Tuesday, March 26 from 10:00am to 2:00pm

According to the National Diabetes Association, "nine out of ten Americans most at risk of type 2 diabetes don't know it." Take a few minutes to take a glucose test and learn your risk in recognition of American Diabetes Association Diabetes Alert Day. You can also receive information on how to prevent or manage diabetes. In partnership with Diabetes "You Can Win" Foundation.

Rapid HIV Testing | Free (drop in)

Thursday, March 28 from 6:30pm to 7:30pm

Complete a confidential test without an appointment and receive your results within 20 minutes. For more information, call 678.990.6430 or visit www.positiveimpacthealthcenters.org. In partnership with Positive Impact Health Centers.

Smart Driver | \$20 (\$15 for AARP members)

Thursday, March 28 from 9:30am to 4:00pm

Take advantage of safety driving techniques and learn how to adjust to changes in vision, hearing, and reaction time as you age. This test-free course may also earn you a discount on your automobile insurance. Valid driver's license required.